

Boiled Cauliflower

Steaming cauliflower allows most of the vitamins and minerals to remain within the vegetable. Boiling the cauliflower makes it easier to eat and gentler on the stomach. In order to make sure that the cauliflower cooks evenly, chop into very small pieces. Add bacon bits or cheese to boiled cauliflower for flavor and texture. Cauliflower is commonly used in casseroles to add texture and fiber. Some people like to boil and mash cauliflower in place of mashed potatoes. Include a dash of butter and gluten free gravy for a tasty side dish. Cook time varies depending on texture and flavor required.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits (gluten)
- Butter (lactose)
- Cauliflower
- Cheese (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Cheese
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:**Meat:****Optional:**

1/4 cup of bacon bits

Vegetables:

15 ounces of cauliflower, thawed is better

Other ingredients:

1 tablespoon of butter

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop 15 ounces of cauliflower.
2. Add to a 2 quart pan:
 - 1 tablespoon of butter
 - 15 ounces of cauliflower
 - 1/2 cup of cheese
 - Dash of salt
 - Spices, such as pepper, to taste
 - Optional:
 - 1/4 cup of bacon bits
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. After 20 minutes, add the 1/2 cup of cheese carefully.
6. Stir constantly, or the cheese will stick and burn.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.